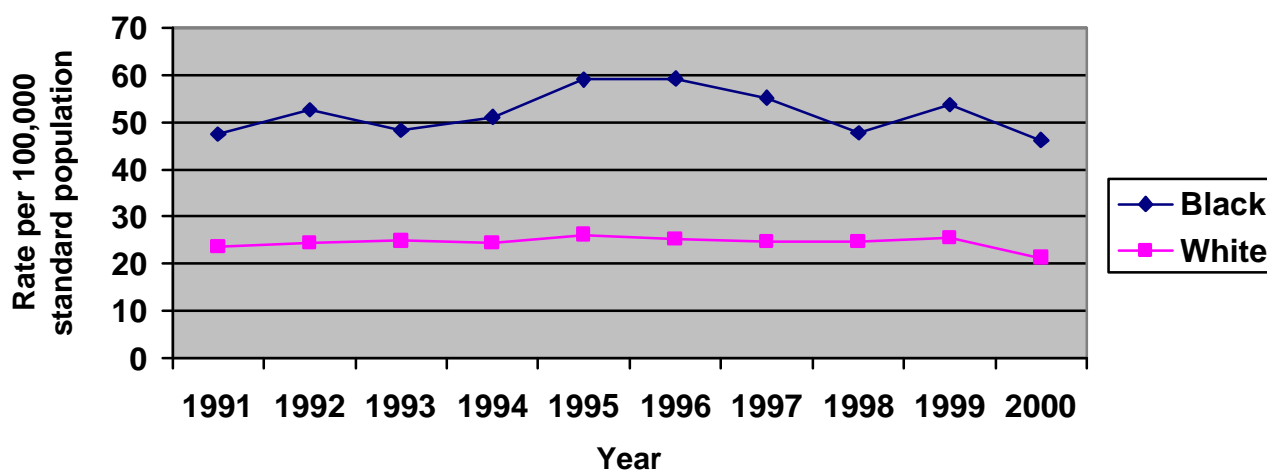


## Diabetes Fact Sheet

- Diabetes mellitus is a life-threatening disease in which the body either does not produce or does not properly use insulin. Insulin is a hormone that the body needs to convert sugar, starches and other food into energy. Diabetes can be associated with serious health problems including heart disease, blindness, kidney failure, stroke, neuropathy (disease of the nervous system) and lower-extremity amputations.
- There are two major types of diabetes. Type 1 diabetes (previously called juvenile diabetes) results from the body's inability to produce insulin. It is estimated that 5-10% of Americans diagnosed with diabetes have type 1 diabetes. Type 2 diabetes (previously called adult-onset diabetes) results from insulin resistance, combined with relative insulin deficiency. Approximately 90-95% of Americans who are diagnosed with diabetes have type 2 diabetes.
- Behavioral Risk Factor Surveillance System (BRFSS) data for 2000-2002 estimate that in New Jersey, approximately 400,000 adults 18 years or older, 6% of the adult population, have been diagnosed with diabetes. For a variety of reasons, including an aging population, rising rates of obesity, and an increase in the minority population, the prevalence of diabetes in New Jersey has gradually increased since the mid-90's.

**Age-adjusted diabetes mortality rates, NJ 1991-2000**



- Diabetes disproportionately affects ethnic and racial minorities. In 2001, the age-adjusted prevalence of diabetes among all adults aged 50 and over was 13%; African-Americans in that age range had the highest age-adjusted prevalence at 23%, followed by Hispanics at 15% and Whites at 10%.
- The age-adjusted mortality rate of diabetes for African-Americans is almost twice as high as that for Whites as depicted above. Diabetes mellitus was the fifth leading cause of death for the year 2001 in New Jersey.
- Risk factors for type 2 diabetes include increasing age, overweight, family history, physical inactivity, being of a minority race/ethnicity, having a history of gestational diabetes or delivery of a baby weighing over nine pounds, and conditions associated with insulin resistance such as high cholesterol and /or high blood pressure.

- Lifestyle changes including diet and moderate physical activity have been found to prevent or delay the onset of type 2 diabetes among high-risk adults.
- People diagnosed with type 1 diabetes require insulin since the pancreas does not secrete it. Insulin must be administered by injections or insulin pump to compensate for the lack of insulin from the body.
- Under most circumstances, the first approach in treating type 2 diabetes may involve only diet, weight loss and physical activity. Frequently, diabetes is not controlled by this approach and pills and/or insulin injections are needed in addition to these lifestyle modifications.
- People with diabetes must control their blood pressure, serum cholesterol, triglycerides, and glucose levels. They should also manage their diets, engage in physical activity, and avoid smoking in order to best control the disease. Additionally, self-monitoring of blood sugar by fingerstick is necessary to empower the patient to manage their diabetes.
- Other important components of care for people with diabetes include diabetes education, an annual flu shot, and routine eye exams, foot exams, A1C tests (measurements of blood sugar control over the last 3 months), and pneumococcal immunization as recommended by their doctor.
- Progress is ongoing in the field of diabetes. The future holds promise of insulin inhalers, non-invasive glucose monitoring, surgical pancreatic cell transplants to reverse the disease, and possibly even immunizations against type 1 diabetes.

For more data and information about diabetes visit the New Jersey Department of Health and Senior Services:  
<http://www.state.nj.us/health/fhs/diabindex.shtml>

For more information about American Diabetes Month visit: <http://www.diabetes.org/homepage.jsp>

#### Sources:

New Jersey Department of Health and Senior Services, Center for Health Statistics:  
 New Jersey 1991-2000 Multiple Cause of Death files, unpublished data

New Jersey Behavioral Risk Factor Survey, unpublished data: <http://www.state.nj.us/health/chs/brfss.htm>

Centers for Disease Control and Prevention, “[National Diabetes Fact Sheet](#)”

New Jersey Department of Health and Senior Services, “[Diabetes in New Jersey](#)”

American Diabetes Association: “[Basic Diabetes Information](#)”



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